

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER
803 W. LAYTON AVENUE



FOR CURBSIDE PICK-UP

FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 find us on facebook	Chicken w/Potatoes Hummus Salad Bread Apple	Chicken Tikka Mixed Vegetables Salad Raita Naan Grapes	Frontier Chicken & Rice Malai Kofta Salad Raita Naan Pear	FRIDAY FISH FRY
Burger Bun Fries Beans Salad Orange	Kofta Kebab Rice Baba Ghanouj Salad Bread Banana	Haleem Vegetable Rice Salad Raita Naan Melon	Reshmi Kebab Chana Daal Salad Raita Naan Grapes	FRIDAY FISH FRY
Chicken Fajita Sandwich Baba Ghanouj Salad Bread Apple	Grilled Chicken Rice Hummus Salad Bread Orange	Chicken Makhani Bhindi Masala Salad Raita Naan Pear	Chicken Biryani Palak Paneer Salad Raita Naan Melon	FRIDAY FISH FRY
Pasta w/Ground Beef Lentil Soup Hummus Salad Bread Banana	Burger Bun Fries Beans Salad Apple	Chicken Kebab Chana Masala Salad Raita Naan Grapes	Nihari Matar Rice Salad Raita Naan Pear	FRIDAY FISH FRY
Kebab Rice Salad Bread Orange	<div> <div> </div> <div> <h3>RESERVATIONS REQUIRED</h3> <p>⌚ 24-Hours Prior</p> <p>CALL SITE</p> <p>414-939-4411</p> </div> <div> <p>Suggested Contribution</p> <p>\$3.00</p> <p>60+</p> </div> </div> <div data-kind="ghost"></div> <div data-kind="ghost"></div> <div data-kind="ghost"></div>			

Glaucoma

What is it?

Glaucoma is a group of diseases that can damage the optic nerve. There are often no symptoms in its early stages. Left untreated, it can lead to vision loss & blindness.

Most common form: Primary open-angle



What are the numbers?

2.7 million people
in the U.S. have **glaucoma**



**50%
KNOW**

**50%
DON'T KNOW**

By **2030**,

4.2 million people
in the U.S. will have **glaucoma**



Who's at higher risk?

African Americans 40+

Everyone 60+
especially **Mexican Americans**



**with a
Family history of glaucoma**

What to do?



**Get a comprehensive
dilated eye exam
every 1-2 years**

**Early detection and
treatment can help
save your sight**



Where can I learn more?



Visit

<http://www.nei.nih.gov/glaucoma>

Source: National Eye Institute, 2013

AFRICAN AMERICANS and Eye Health: Glaucoma

African Americans are at higher risk for certain eye diseases, which usually have no warning signs. Left untreated, they can cause vision loss, even blindness. But vision loss can often be prevented.

GLAUCOMA

Glaucoma is a group of eye diseases that can damage the optic nerve. Glaucoma affects side or peripheral vision first. African Americans are at higher risk, starting at a younger age.



**How can
you focus on
your vision?**

If you are 40 or older,
have a comprehensive
dilated eye exam
every 1 to 2
years.

**MORE THAN
520,000
AFRICAN AMERICANS
HAVE GLAUCOMA.**

**MAY EXCEED
860,000
BY 2030**

HEALTHY VISION TIPS

Here are some lifestyle tips to help you focus on your vision.

1 Get regular
comprehensive
dilated eye exams.

5 Control your
diabetes.

2 Know your
family's eye
health history.

6 Quit smoking
or never start.

3 Maintain a
healthy weight.

7 Wear sunglasses
when outside.

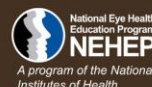
4 Eat a nutritious
diet.

8 Wear protective
eyewear.

**For more information about eye health, visit
www.nei.nih.gov/glaucoma**



National Eye Institute



A program of the National
Institutes of Health